



Hearticles

Recovery Takes More than Time in the Hospital

We, as health professionals, are so involved in preventing illness, or in giving care to those who are in immediate need of our help, that we often forget that there is a time for healing. For many of those with whom we come in contact, healing is almost as painful and difficult for them to experience as the time when they were acutely ill. With the high incidence of heart disease, the odds say almost everyone reading this article will, at some time in their life, have to deal with someone who has experienced a heart attack or heart surgery. The following article may be helpful to all of us when we face this difficult recovery time.

It was a typical Saturday afternoon, hundreds of things to do and time slipping away. I announced to my husband that I was going to the grocery store with my 13-month old daughter and my six-year old son. He replied, "You look terrible, don't go shopping alone, wait until I can go with you."

With that pronouncement, I went directly to the utility closet and pulled out the vacuum cleaner. Clutching my baby on my left hip, I was halfway done vacuuming the living room, when I felt like I was hit square in the chest with a sledgehammer. My daughter's cries alerted me that she was no longer on my hip.

The silence of the vacuum and the baby's cries alerted my husband that something was wrong. He rushed into the living room, I could hardly breathe the pain was so great. We lived directly behind St. Mark's Hospital in Salt Lake City. My husband and my older son helped me into the car. The next thing I knew the emergency room nurse was telling my husband to find a parking space and that I was simply having an anxiety attack. My husband gruffly retorted, "There is something very wrong. She is in great pain, this is a woman who has her babies without an epidural, and her teeth drilled without Novocain."

Once inside the hospital I was presenting all the classic symptoms of a heart attack. A clear-headed emergency room physician contacted a cardiologist. So began a 33-day odyssey in the hospital that ended in an emergency bypass surgery.

Life immediately following the heart attack was one of great apprehension. I didn't want to be in a public place or even go shopping for fear that I couldn't get to a hospital in time. It took me two years to agree to go to our condo in Park City. I didn't even attend my parents' 50th Anniversary celebration in Chicago because I was afraid to leave the state and my doctor. I went back to work, but felt unsure of myself. I was easily upset. My relationship with my husband was affected. My six-year-

old didn't want to be separated from me and even asked me repeatedly, "Mom, are you going to die?"

These were hard times, times of re-evaluation and re-adjustment for the children, my husband, and me. Yet, through it all we learned that time is precious. I stopped focusing on everyone else's needs and began to look at what I needed. I had to learn to deflect negative situations or avoid them entirely. I needed to learn to relax. I had to learn to get totally still, both mentally and physically, and teach my body and mind to rest. I learned to visually remove myself from emotional situations.

Over time, my husband learned that in order to have me relax, he needed to take me away from the house. There were no elaborate trips. Sometimes just a quiet meal at a restaurant or a ride to a quiet spot was what I needed to place my life in perspective.

If you or a loved one is coming back from a heart episode or a serious illness, remember to keep talking to each other and share how you are feeling. Set up rules of conversation. Allow all affected to stake out their own individual territory, that is, every person needs to define what nourishes them.

This is how you can help:

- ❖ Encourage spirituality.
- ❖ Laugh a lot.
- ❖ Embrace each day with enthusiasm.
- ❖ Fill your life with joy and seconds of quality.
- ❖ See a health issue as an opportunity to transform yourself.

Pat Coffey suffered a heart attack in 1991, and underwent bypass surgery in 1992. Since that time she has completed a Master's Degree program, moved to a new home, and has been promoted twice by her employer. ❤

In the following pages: Highlights and Headliners, p. 2; Eat Smart/Move Smart, p. 3; American Heart News, p. 4; Updates, p. 5; Upcoming Events, 6.



A *Healthier You 2002 is an education program of the Salt Lake City 2002 Olympics which began in 1998. The first two years of emphasis is physical activity and nutrition. The objective is to maximize the health of Utahns through the Olympic spirit. The goal is for all Utahns to achieve positive lifestyle changes and benefits. This is one in a series of profiles of our co-workers who have found ways to fit exercise and good nutrition into their busy schedules. Perhaps by sharing these experiences, each of us may be encouraged to find ways to fit "fitness" into our hectic lives and the lives of our families and friends.*

A HEALTHIER YOU 2002

UTAH'S HEALTH LEGACY



Name: *LaDene Larsen*

Occupation: *RN/Bureaucrat*

Age: *Old enough to remember 45 speed vinyl records, Ricky Nelson, the original VW Bug, and watching the first man walk on the moon.*

Typical exercise program for an average week

I jog 4-5 miles a day, with a goal of 30 miles per week. I also try to do strength training twice a week.

Some of your favorite activities which you would like to engage in more often:

I love hiking in the canyons and walking by the ocean (that's tricky here). I plan to relearn how to ride a bike. I'm thinking about taking up cross country skiing. My goal for 2000 is to strength train regularly.

One of the highest points of your fitness history:

The day I jogged a 9 minute mile - for 3 miles! While that is not fast by most jogger/runner standards, it was way fast for me! When I started walking, it took me 25 minutes to walk one mile and I was totally wiped out!

One of the lowest points in your fitness history:

A couple of months ago, I missed jogging 3 days in a row! That's the longest stretch in almost 3 years. I did panic a little, so I once again scheduled time on my calendar. However, every morning, I still have to talk myself into rolling out of bed and putting on the exercise clothes. If I don't have time in the morning, I have to talk myself into it when I get home from work. But, the reason I do is that I feel so good once I've started and when I'm finished. (Not the same good feeling I get when I stop hitting my head against the wall.)

Who is one of your role models for fitness and why? Or, What inspires you?

I have some great role models around me every day - Mike Friedrichs, Celsa Bowman, Kelly Robinson, Karen Coats, Bob Rolfs, Nancy Neff, Catherine Hoelscher, Craig Merrill, Richard Bullough, and Scott Williams to name a few. But, what really inspires (scares) me is the thought of being old and decrepit. Old I can't avoid, but maybe I can delay decrepit!

Share some tricks on how you are able to squeeze fitness into your busy life:

When I first started walking, I actually made an appointment on my calendar to walk every day and then kept it like a meeting with Rod Betit. I made a commitment to myself to walk 30 minutes every day for 6 months (that's the length of time experts say it takes to acquire a habit). I took advantage of the exercise release policy at work. However, probably the one best thing I did was to buy a treadmill for home. I tried to figure out the excuses I would come up with to stop walking once the novelty wore off. It's too early, don't have time, too late, too dark, too hot, too cold, too inconvenient, and very bad hair day were all taken care of with the treadmill.

Now, because it's easy, it seems completely natural to me to park at the end of the lot, take the stairs, walk fast at the mall, take a short brisk walk around the building during that afternoon "low" time, take a hike on Sunday afternoon, rake leaves, shovel snow, etc.

Do you have any ideas to share on how you have motivated your co-workers, family, or friends to exercise?

One of the things that has amazed me the most is how many people tell me they have been influenced by my lifestyle change. Many in my family are more physically active than they have ever been, several of my close friends now exercise regularly, and even some people here at work say that I've motivated them. I know I'm regarded by some as the exercising, fanatical food police. Now, I don't think it is necessarily fanatical to get on the treadmill at midnight because that's the only time I've had all day. And, it's not necessarily police-like if I occasionally gasp at (or comment on) some of the "treats" here at work. I do know how very difficult it is to be consistent in a healthy lifestyle, so I try pretty hard not to preach or "should" on people. I also realize that everyone comes to the decision to change on their own terms. So, mostly, I just do what I do and if someone asks me, I share my experiences.

How has exercise helped you?

I feel great! I love the energy I have now. I can actually exercise in the morning, work all day, shop and play in the evening and still not feel tired. The more energy I use, the more I have. Einstein had it right - an object in motion tends to stay in motion!

Over the past few years, I have learned to adapt many recipes to be more heart healthy. Here's one of my favorites. This chili is great for cool evenings - we may have a few more before summer begins.

White Chicken Chile

LaDene Larsen

2 1/2 cups water
1 t. lemon pepper
1 t. ground cumin
2 large or 3 small boneless, skinless chicken breast halves (fat removed)
1 large or 2 small cloves of garlic, minced
1 cup chopped onion
2 8-oz. cans white shoepeg corn, drained
1 4-oz. can chopped green chiles, undrained
1 t. ground cumin
2-3 T. fresh lime juice
2 14-oz. cans white great northern beans (low sodium), undrained
2% sharp cheddar cheese, grated

1. In a large saucepan, bring to boil, water, lemon pepper and first t. ground cumin.

2. Add the chicken breast halves and return to a boil. Reduce heat to low and simmer 20-30 minutes, or until the chicken is tender and the juices run clear.

3. Remove the chicken from the pan and cut into tiny pieces. Skim foam from broth. Place the chicken back in the broth in the large saucepan.

4. Spray a medium skillet with vegetable oil spray, add garlic, and cook, stirring over low heat for 1 minute. (Be careful not to burn it.) Add garlic to the chicken broth.

5. Saute the onion in the same skillet. Add onion to the chicken broth.

6. Add the corn, chilies, second t. ground cumin, lime juice, and beans to the chicken broth. Bring to a boil, then reduce heat and simmer until thoroughly heated - about 30 minutes.

7. Serve with toasted or warm low fat flour tortillas. Sprinkle with grated 2% cheddar cheese if desired.

Dr. Michael F. Roizen, professor of medicine at the University of Chicago, has a way to calculate your "real age" - a number that accounts for your fitness, genetics and lifestyle. Answer the following questions, then plug the sum of your scores into the equation at the end. If you don't know an answer, skip it.

What's your blood pressure:

- ☐ Less than 120/80 (-3.0)
- ☐ 121/82 to 129/85 (-1.0)
- ☐ 130/86 to 131/85 (0)
- ☐ 131/87 to 150/95 (+1.0)
- ☐ higher than 151/98 (+2.5)

Do you smoke?

- ☐ Never (-3.0)
- ☐ No cigs. for 3 years (-1.0)
- ☐ Not for 1-3 years (0)
- ☐ I'm a social smoker, or less than a pack a day (+2.0)
- ☐ Two packs a day (+3.0)

How often do you exercise hard enough to sweat in a cool room?

- ☐ At least an hour/week (-1.0)
- ☐ About 30 min/week (0)
- ☐ Less than 10 min/week (+1.0)

How much time do you spend strength-training?

- ☐ At least 30 min/week (-1.0)
- ☐ 10-20 min/week (0)
- ☐ Fewer than 5 min/week (+1.0)

How many servings of fruit and vegetables do you get daily?

- ☐ 4 or more (-1.0)
- ☐ 1-3 (0)
- ☐ None (+1.0)

How much calcium do you get daily?

- ☐ More than 1,200 mg (equivalent to about 4 cups of milk) (-0.5)
- ☐ 800-1200 mg. (3 cups) (0)
- ☐ 500-800 mg. (2 cups) (+0.5)
- ☐ less than 500 mg. (+1.0)

How often do you eat fish?

- ☐ Twice a week (-1.0)
- ☐ Less than twice a week (0)
- ☐ Gross, I won't touch it (+1.5)

How much weight have you gained since you were 18?

- ☐ No more than 20 pounds, or I've lost weight (0)
- ☐ 20-40 pounds (+1.0)
- ☐ More than 40 pounds (+2.5)

How is your sex life?

- ☐ No complaints (-1.5)
- ☐ I get a little action (-0.5)
- ☐ It's nonexistent (+0.5)

How much total exercise do you get (including activities such as gardening and cleaning)?

- ☐ At least 90 min/day (-1.0)
- ☐ More than 20 min/day (-0.5)
- ☐ About 5 min/day (0.5)

How much time do you spend in the sun?

- ☐ Fewer than 20 minutes a day. I'd die before I'd get sunburned. (-0.5)
- ☐ 20 min/day/year year round (0)
- ☐ A lot, especially during the summer (+0.5)

Are you married?

- ☐ Yes, happily (-0.5)
- ☐ Still a free agent (0)
- ☐ I was, until he passed away (+1.0)
- ☐ We divorced, and I traded him in for a new surfboard (+2.0)

How old were your parents when they passed away?

- ☐ Both lived past 75 (-1.5)
- ☐ Mom lived past 75 (-1.0)
- ☐ Dad lived past 75 (-0.5)
- ☐ Both are under 75 and living (0)
- ☐ Neither lived past 75 (3.0)

In all, how many friends, relatives and social groups (church groups, sports team, book club) do you visit with every month?

- ☐ At least 6 (-0.5)
- ☐ Between 2 and 5 (-1.0)
- ☐ Just 1 (0)
- ☐ I'm totally on my own (+2.0)

Got your total? Now multiply it by 0.5 if you're 40 years old or younger, or by 0.7 if you are over 40. Add your chronological age to the result and bingo!-that's your approximate "real age."

First Annual Women and Heart Disease Conference Held

Hear disease does not only affect men. The fact is, heart disease is the #1 killer of American women...and more women than men lose their lives to cardiovascular disease. Research finds most women are unaware that cardiovascular disease is their number one enemy. To address this situation and to benefit the American Heart Association, the first Annual Women & Heart Disease Conference and Luncheon was held February 26, 2000 at Willow Creek Country Club in Salt Lake City.

The theme of this year's conference was "Women and Heart Disease - An Equal Opportunity Killer."

Ms. Roma Downey, star of "Touched by an Angel" was the luncheon guest speaker. "Sadly, I am able to speak from personal experience about the devastating effects this disease has on a family. Heart Disease remains the number one killer of American men and women. I am honored to be asked to share my story and to help educate Utah Woman on this important subject," said Downey.

The conference offered a professional track in the morning where nurses, pharmacists and dietitians received continuing education credits. Speakers for the morning session included: Hannah Valantine, M.D., Cardiologist and Associate Professor of Medicine, Stanford University; Dr. Jack Wahlen, M.D., Endocrinologist from Ogden; and Kathy Berra, RNP from Stanford University.

The afternoon session featured Nancy Futrell, M.D. who spoke on "Stroke 2000." Susan Osguthorpe, R.N., presented information on cardiac risk factors in women.

The American Heart Association spent approximately \$327 million during fiscal year 1998-99 on research, public and professional education and community programs. With more than four million volunteers, the American Heart Association is the largest voluntary health organization fighting heart disease, stroke, and cardiovascular diseases, which annually kill more than 950,000 Americans.

The goal of the American Heart Association is to reduce coronary heart disease, stroke, and risk 25% by the year 2008.



Highlights from Ms. Downey's Presentation

The following excerpts were taken from Touched by an Angel star, Ms. Roma Downey's, speech at the American Heart Association's Women and Heart Disease conference which was held on February 26th, 2000.

I consider Salt Lake City my home and I appreciate the opportunity to be involved in meaningful causes within my own community.

In preparing for this conference I learned that more women than men die of cardiovascular disease. I was truly shocked to find out that in the United States, all cardiovascular disease combined claims more lives every year than the next 16 causes of death combined and almost twice as many as all forms of cancer, including breast cancer. I'm sorry to tell you that coronary heart disease is the number one killer of American women.

As women, we must not only be the caretaker for our own health, but we are the gate keeper for the health of our family members, and in many cases, our dearest friends. Recognizing a medical emergency, accessing the emergency medical system, and being confident in our ability to administer CPR are things we can all do to save the lives of family members, friends, and co-workers. It is estimated that 250,000 people die each year due to cardiac arrest.

We can all become "Heartsavers." We can learn the signs of cardiac arrest, we can call 911, and we can learn CPR. We can also care for ourselves by knowing our risk for heart disease, our family history, cholesterol and blood pressure levels. We can all follow prevention guidelines by eating healthy foods, getting regular exercise, and by not smoking.

I applaud the American Heart Association for their educational efforts and for their tireless efforts to raise funds to support research, and I wish you all much health and happiness.

A Stroke is a Brain Attack. Know the Warning Signs

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Sudden dimness or loss of vision, particularly in one eye.
- Loss of speech, trouble talking, or understanding speech.
- Sudden, severe headache with no known apparent cause.
- Unexplained dizziness, unsteadiness or sudden fall, especially with any other symptoms.

5 a Day Across the USA

Come join us at the Capitol Building on May 24, 2000, for the 5 a Day event of the year! Join the Utah Starzz, "Biggest Jazz Fan" John Sudbury, Associate Head Coach, University of Utah Gymnastics, *Megan Marsden, WB Channel 30 Weatherman, *Mitch English, Associated Foods, Channel 2, and many other local celebrities, along with an 18-foot tall cowboy, as we kick off "5 a Day Across the USA" in Utah!

The festivities get under way at 11:30 a.m. with select members of the Utah Starzz addressing the media. Later, our Honorary Spokespersons will participate in a "fruit carving contest," and a "blender bonanza." Associated Foods will provide Utah's largest salad bar to participants for only \$1.00. Dole, Associated Foods, Muir/Roberts, and others will donate fruit and vegetables for this gala celebrating food, fun, and nutrition.

Don't forget to make a lunch date with the Utah 5 a Day Association, on May 24th! For more information you may call us at (801) 538-9209, or email mbirimhal@doh.state.ut.us.

Later, we're taking 5 a Day on the road, and we may be coming to a store near you! On May 24th, after we party at the Capitol, (see above) we're taking 5 a Day to West Jordan. Macey's grocery store, at 7859 South 3200 West, will become 5 a Day headquarters from 1:00 - 3:00 p.m.

But, we're not just talking 5 a Day; we're talking health checks, music, and fun as 5 a Day storms into West Jordan! Plan on attending, rain or shine, because we'll have tents set up just in case our unpredictable Utah weather tries to rain on our parade.

Even Mother Nature can't stop this party! There will be free blood pressure screenings. Also, Cholesterol screenings will be raffled off every half-hour. Macey's "Produce Man" will be there giving free lessons on how to pick out melons and other types of fruit. Our 5 a Day band will keep the party hopping as they belt out your favorite 5 a Day tunes!

Don't miss out on an afternoon of fun, nutrition, and free screenings, information, and food - at the "5 a Day Across the USA," grocery store tour!

Cutting-edge Treatments for Heart Disease

For many years, heart specialists have relied on surgery and other invasive procedures to deal with blocked coronary arteries - the blood vessels that nourish the muscle tissues of the hard-working heart. Now a number of alternatives are emerging that are likely to be more effective, less invasive, or both.

The Old Ways...

Standard bypass surgery

Surgeons open the chest, stop the heart, and pump and oxygenate the blood with a heart-lung machine. Sections of blood vessels taken from elsewhere in the body are grafted to create a detour around blocked arteries.



Angioplasty

A catheter is inserted through an artery in the groin and snaked into the coronary artery to the narrowed area. A tiny balloon is inflated, squashing the fatty plaque against the artery wall. Often a mesh cylinder called a stent is inserted to prop the channel open.

The New Ways...

Drop the heart-lung machine

In "off-pump coronary artery bypass" (OPCAB), surgeons open the chest as in ordinary bypass surgery, but operate on the beating heart with the help of instruments that hold portions of it steady.

Punch new channels

In percutaneous myocardial revascularization (PMP) a laser-tipped catheter is guided to a blood-starved part of the heart wall. Quick blasts from the laser drill 30 or more tiny holes most of the way through; the tissue damage seems to stimulate new blood-vessel growth.

Grow new arteries

A catheter is threaded into the heart and tiny "growth factor" capsules are implanted in the wall to spur the growth of new blood vessels.

Zap plaque with radiation

To supplement angioplasty, tiny radioactive pellets are sent through a catheter to the blockage and held in place for several minutes. The radiation inhibits scar tissue that could result in new blockages.

Find the true culprit

Fatty deposits within coronary artery walls may cause more heart attacks than blockages in the artery's interior. Magnetic resonance imaging (MRI) or an ultrasound probe slipped into the artery can spot the deposits, and drugs can halt their growth or even shrink them.

Prevention beats treatment.

Check your heart-disease risk factors and heed these tips:

- ♥ If you smoke, stop.
- ♥ If you have high blood pressure, see a doctor to bring it down.
- ♥ Get your cholesterol checked and the total at 200 milligrams per deciliter or less; push LDLs ("bad cholesterol") as far below 130 as possible. Discuss cholesterol-lowering drugs with your doctor.
- ♥ Exercise vigorously for 30 minutes or more at least three times a week to raise your HDLs, or "good" cholesterol.
- ♥ Trade saturated for monounsaturated fats from fish, nuts and olive oil. Eat more fruits and vegetables instead.



Upcoming Events...



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- May -** Stroke Awareness Month
Physical Fitness and Sports Month
5 a Day Across the USA (May 24th)
11:30 Lunch at the State Capitol Bldg.
Utah Starzz, Blender Bonanza, Fruit Carving Contest
1:00 Macey's - Health Check-ups, Raffles, Fun



- June -** National Safety Week
Gold Medal Mile in Sandy (June 3rd)
8:00 am Registration 9:00 am Walk starts

- September -** 5 a Day Month



“It is good to have an end to journey toward; but it is the journey that matters, in the end.”

-Ursula K. LeGuin

RETURN SERVICE REQUESTED

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